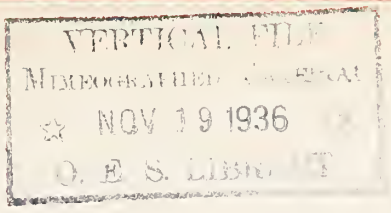


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PLUM PUDDING AND FRUIT CAKE

What's the difference between plum pudding and fruit cake?

_____ says "Not much difference." The pudding (Food specialist or home dem. agt.) mixture usually contains more fat and is more moist. It is always cooked by steaming, whereas a fruit cake is baked, either wholly or after first steaming. Both can be made weeks in advance and are better for aging. Some people tie their plum puddings in bags and cook them, but it is best to store these bags of pudding in tin to prevent drying out. Plum puddings are reheated at the time of serving, and are served hot with a hot sauce or chilled hard sauce.

Either a fruit cake or a plum pudding requires several pounds of fairly expensive materials. Everyone has a favorite recipe, but the method of putting the ingredients together is about the same in all. Prepare all the fruit and nuts first. Pick the fruit over carefully, wash, and dry. Chop it in a bowl, not a food grinder. Use a sharp knife to cut up the citron or other dried peel and the nuts. Look out for bits of shell or stale pieces. Cream the butter and sugar as in making any rich cake. Add the beaten yolks of the eggs and the liquid which may be cider, grape juice, tart jelly, sour cream, molasses, honey, or maple sirup. Honey helps to keep the cake moist.

Mix half the flour with the leavening and spices and half with the fruits and nuts to keep them evenly distributed in the dough. Combine the ingredients gradually, using the hand to mix well. Add egg whites last.

Fruit cake scorches easily, so most people line the baking pan with well-greased paper. Cook in a slow oven (250° to 275°). Use a tube pan for a single large cake of 5 pounds or more, or divide the dough into smaller pans. A tube pan may be filled to a depth of $3\frac{1}{2}$ or 4 inches. A 5 to 6 pound cake should bake about 3 hours, then should be turned out on a rack when done. When cold it is ready for wrapping, in waxed or parchment paper, and storing.

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